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Wednesday, February 21, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

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SPRING FLING

Things are finally starting to heat up, with possible record-breaking temperatures expected today. But is this warm-weather flirtation here to stay, or is it just a tease? 4

ISTOCK | KATHLEEN COMBS

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KRISTIN TOUSSAINT, REPORTER

Are you ready for warm weather again? Wednesday will feel like spring, with temperatures so high along the East Coast, forecasters are anticipating the weather will break multiple records. But is this an early sign of spring or just a fluke? I reached out to meteorologists at the National Weather Service to hear how unusual this February warmth is. Read more on page 4 and at **metro.us.**

NEW PRESSURE ON TRUMP CAMPAIGN AIDES

U.S. Special Counsel Robert Mueller on Tuesday stepped up pressure on two former Trump campaign aides, Paul Manafort and Rick Gates, to cooperate in his probe into possible collusion with Russia. Attorney Alex van der Zwaan, son-in-law of one of Russia's richest men, pleaded guilty in U.S. District Court in D.C. to a charge of lying to the Special Counsel's office. The case involves work that van der Zwaan, a 33-year-old Dutch citizen, performed in 2012 for Manafort and Gates, senior officials in Trump's 2016 election campaign. The two former aides have been charged with conspiracy to launder money and failure to register as foreign agents related to work for a pro-Russia Ukrainian party. The charge against van der Zwaan make no reference to the 2016 election.

IMDB CAN SHOW ACTORS' AGES, SAYS JUDGE

A federal judge on Tuesday declared unconstitutional a California law requiring IMDb, the movie and television information website, to remove actors' ages at their request. U.S. District Judge Vince Chhabria said the law violated the First Amendment rights of IMDb, a unit of Amazon.com Inc that challenged the law, by singling out age data for special treatment, despite being intended to serve the compelling interest of curbing age discrimination in Hollywood. "Regulation of speech must be a last resort," the San Francisco-based judge wrote. Chhabria said the California law's advocates "seem to misunderstand" that the real problem might be gender discrimination. The 2016 law drew support from SAG-AFTRA, a union representing some 160,000 actors, broadcast journalists and other media professionals, plans to appeal.

ACTIVISTS RALLY AT FEMA OFFICE IN NYC FOR MORE AID FOR PUERTO RICO

3 Puerto Rican activists and others participate in a protest on Tuesday outside of New York City's Federal Emergency Management Agency (FEMA) office to call on Congress and FEMA to deliver the aid and resources thousands of Puerto Ricans desperately need to recover. Nearly six months after Hurricane Maria delivered Category 4 destruction to Puerto Rico, thousands of island residents are still without running water or electricity.

GETTY IMAGES

TRUMP MOVES TO OUTLAW 'BUMP STOCKS'

4 President Trump said on Tuesday his administration would take steps to outlaw an accessory enabling a rifle to shoot hundreds of rounds a minute, as the White House added he may consider other firearms restrictions after last week's Florida school shooting. "I signed a memorandum directing the attorney general to propose regulations to ban all devices that turn legal weapons into machine guns," Trump told an event. The move bypasses Congress, where legislation to ban "bump stocks" has stalled since an October massacre in Las Vegas that killed 58 people. It puts Trump at odds with powerful gun rights groups like the NRA that opposed such efforts This came shortly after spokeswoman Sarah Sanders said he would consider raising the minimum age for buyers of the assault-style rifle used last week.

UBER CEO SEES COMMERCIAL FLYING TAXIS

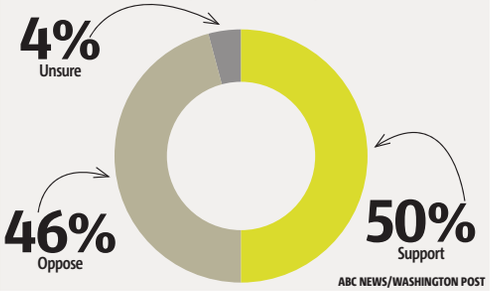
5 Uber Technologies Inc. CEO Dara Khosrowshahi said on Tuesday he can see commercialization of the Uber Air flying taxi service happening within five to 10 years. The U.S. ride-hailing app maker has said it expects flying vehicles to eventually become an affordable method of mass transportation.

DARA KHOSROWSHAHI. GETTY IMAGES

Khosrowshahi was speaking at an investor forum in Tokyo on his first visit to Asia as Uber CEO.Ride-hailing firms such as Uber see populous Japan as a potentially lucrative market and are pressing regulators to ease stringent rules governing the taxi industry.

NATIONWIDE BAN

Would you support or oppose a nationwide ban on the sale of assault weapons in this country?



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Springlike weather bringing record high temperatures to Northeast

Today's high temperatures may edge out previous records from the early 1900s.

KRISTIN TOUSSAINT
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Wednesday will be a good day to spend some time outside in New York, Philly, and Boston. GETTY IMAGES

Are you feeling spring fever? Temperatures could hit record highs this week, giving an early taste of the warmer season.

"The whole eastern part of the country is feeling the effects of this unseasonable warmth," said Kim Buttrick, meteorologist with the National Weather Service Boston office.

On Tuesday, temps along the East Coast were higher than average for this time of year, climbing higher than 60 degrees in Boston. The city's normal high this time of year is 40 degrees, Buttrick said.

Wednesday will be even warmer, with the high expected to reach 70.

"In fact, records are likely to be broken," Buttrick said. "For Feb. 21, the record high in Boston is 63 degrees, which was set in 1906."

New York City will feel the warmth as well, possibly breaking the previous record, though it could be too close to call it a sure shot right now, said Jay Engle from the NWS New York City office.

The record high for Feb. 21 in New York City is 68 degrees, set in 1930. Forecasters are predicting it'll hit near 70 degrees, but some fog in the morning could affect how quickly things warm up and how high the temperature gets overall.

"We're getting close to or maybe just barely breaking the record, but I wouldn't call it a high confidence forecast for a new record — it's about 50-50," he said. "We are confident we'll get high above normal."

Though a record high might be surprising to those who still shudder remembering the brutal cold snap the city got earlier in the winter, Engle said it isn't rare to get record highs and lows in the same season.

And though temperatures won't stay this high for very long, "we are looking for relatively mild weather to continue pretty much to end of the month," Engle said.

Farther down the coast in Philadelphia, Wednesday is expected to be 73 degrees, just barely breaking the record high of 72, set in 1930.

This doesn't necessarily mean we're full on into spring, though, warned Paul Fitzsimmons of the NWS Philadelphia office.

"The pattern for the next week or two does look to be staying relatively mild, not this warm but mild — but even so, you can still get wintry weather right through March," he said.

Though these highs are not normal for this time of year, meteorologists said that big swings in temperature (like how some areas on the East Coast just saw snow and previously had below-average frigid temps earlier this winter) throughout the season are common.

TODAY'S FORECASTED RECORD TEMPS

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Millennials most likely to go over budget on NYC housing: Report

A lot of New Yorkers end up spending more on rent than they initially plan, but millennials blow their budget more than any other generation, according to a new StreetEasy report.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

It's hard to find a New York City apartment that's in your budget — and apparently, a lot of New Yorkers don't.

Nearly one-third of New Yorkers go over their initial budget when it comes to housing costs, according to a new study by StreetEasy, and millennials are the worst with overspending.

It's not just renters who are paying more than they planned, either. Those who took the leap to home-owning were more likely to blow their budget, with 37 percent of homeowners saying they overspend, compared to 27 percent of renters.

The real estate site released its NYC Housing & Moving Trends report Tuesday, for which it surveyed 1,000 renters and homeowners throughout the five boroughs about the way they're dealing with rising housing prices.

Forty-five percent of cash-strapped millennials chose a more expensive home than they initially planned on, according to the report, compared to 30 percent of Generation Xers and 19 percent of Baby Boomers shelling out more than they hoped on housing.

Luxury apartment buildings in Battery Park City GRYFFINDOR / WIKIMEDIA COMMONS

The affordability crisis in the city is well documented, but turns out, there's a bit of a dissonance when it comes to New Yorkers' opinions about how they're fairing.

While 46 percent of New Yorkers think of the city overall as "unaffordable," according to the report, only 16 percent of residents say their own home is unaffordable.

Though New Yorkers are mostly spending more than they'd hoped, that higher rent isn't going to luxury amenities. More than 50 percent of New Yorkers ranked perks like doormen and in-building gyms as the least important factors in a home, prioritizing instead budget and the number of bedrooms.

Despite their reputation, millennials are interested in owning homes, according to StreetEasy. Their spending history on avocado toast aside, 34 percent of millennials are considering buying a home in the next year — more than any other age group (though the report doesn't detail what percent of the older generations already own a home).

And even though they may be spending more money than they want to, millennials love living in New York City — more so than any other generation, according to StreetEasy. More than two-thirds of millennials said they're satisfied with their New York City lives, compared to 57 percent of New Yorkers overall.

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Crowded and stalled trains are all fodder for New York City commuters to enter in "worst commute of the week," a new competition sponsored on by the Riders Alliance advocacy group. ISTOCK

Agonizing subway ride lands New York woman Worst Commute award

This is one contest no New York City subway rider wants to win.

An advocacy group for city commuters on Tuesday awarded its first "Worst Commute of the Week" award to a librarian from the borough of Queens for her story of an agonizing two-hour wait in a tunnel one stop from her home after skipping a restroom visit before leaving work.

The Riders Alliance awards are aimed at shaming New York State Governor Andrew Cuomo and the state's Legislature into enacting a long-term plan to fund and fix the city's declining subway system.

The inaugural winner, City University librarian Jennifer Tang, recounted being trapped underground on a train when the last five minutes of her ride home from Manhattan to the Forest Hills neighborhood in the borough of Queens on Jan. 20 deteriorated into two hours.

"I hadn't used the bathroom, figuring I only had a 30-minute commute from Manhattan to Queens," Tang, 49, said in an interview. Then the train stopped and an announcement warned of signal problems.

"Five minutes became 10 minutes, became 20 minutes, became one hour, became one hour and 50 minutes," said Tang, who was in pain and urgently hoping the subway would quickly reach her destination. "Now, before boarding the subway, even if it's for one stop, I use the bathroom."

> **"It's appalling. Five minutes became 10 minutes, became 20 minutes, became one hour, became one hour and 50 minutes."**
>
> Jennifer Tang

The Riders Alliance invited commuters to share their stories using the hashtag #WorstCommute. Winners of the contest receive a chocolate replica of the MetroCard, which the subway system's roughly six million daily riders swipe to enter stations.

Cuomo, who controls the Metropolitan Transportation Authority, the public agency that runs the subways, did not immediately respond to a request for comment.

Overall subway on-time performance has plummeted to 65 percent — a drop of 15 percentage points over the past several years and the worst of any major transit system in the world, the Riders Alliance said.

Train delays more than tripled from 2012 to 2017 and subway speeds are now slower than they were in 1950, it said.

Tang said Jan. 20 incident stands out as a personal worst in a lifetime of subway riding: "Even in the '70s when I almost got mugged on the subway, I never had such as horrible experience on the train." REUTERS

Winners will received a MetroCard cookie that also won't swipe when you need it. NIKKI MASCALI

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Colorectal Cancer Risk, Screening, and Prevention
Date: Thursday, March 1 Time: 12:00–1:30 pm
Location: 760 Broadway, 10th Floor Solarium, Brooklyn, NY

To RSVP for this lecture, please call 718-963-5771.

Community Participation in Health Research
Date: Wednesday, March 7 Time: 6:00–7:30 pm
Location: 550 First Avenue, Alumni Hall B

Comedy Cures: An Evening of Hope and Laughter
Date: Tuesday, March 20 Time: 6:00–7:00 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Colorectal Cancer Awareness Program
Date: Wednesday, March 21 Time: 11:00 am–1:30 pm
Location: 550 First Avenue, Farkas Auditorium

Prostate Cancer Recurrence
Date: Thursday, March 22 Time: 5:30–6:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Update from the San Antonio Breast Cancer Symposium
Date: Wednesday, March 28 Time: 6:00–7:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

To attend Perlmutter Cancer Center lectures, please visit nyulangone.org/cancerrsvp, email cancerevents@nyumc.org, or call 212-263-2266.

INFLAMMATORY BOWEL DISEASE

New Therapies and Approaches to Living with IBD
Date: Friday, March 9 Time: 1:30–4:30 pm
Location: 550 First Avenue, Alumni Hall B

To attend Inflammatory Bowel Disease Center lectures, please email GastroEvents@nyumc.org.

RUSK REHABILITATION

A Look into the World After Brain Injury: Visual Rehabilitation
Date: Wednesday, March 21 Time: 5:00–6:45 pm
Location: 240 East 38th Street, 11th Floor Conference Room

To attend Rusk Rehabilitation lectures, please email ruskrsvp@nyumc.org or call 212-263-6952.

HEART HEALTH

The Truth About Tobacco and Nicotine Replacements
Date: Tuesday, March 27 Time: 6:30–7:30 pm
Location: 550 First Avenue, Alumni Hall B

To attend Heart Health lectures, please email cvdprevention@nyumc.org or call 646-501-2190.

CHILD STUDY CENTER

Let's Talk About Marijuana
Date: Tuesday, March 27 Time: 1:00–1:30 pm
Location: Online

To attend Child Study Center lectures, please register at nyulangone.org/cscworkshops. To view the webinars, please visit nyulangone.org/cscwebinars.

MULTIPLE SCLEROSIS

Intimacy, Sex, and Multiple Sclerosis
Date: Thursday, March 29 Time: 6:30–8:00 pm
Location: JCC Manhattan, 334 Amsterdam Avenue

To attend Multiple Sclerosis lectures, please email everett.jones@nyumc.org or call 646-501-7515.

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A 36-year-old man was killed by a hit-and-run driver as he rode his bicycle at LaGuardia Airport Monday night, officials said. GETTY IMAGES

Bicyclist killed in hit-and-run at LaGuardia: Officials

The 36-year-old was an employee of a Swiss airport cargo company and was struck on airport property as he rode his bike.

NIKKI M. MASCALI
nikki.mascali@metro.us

A 36-year-old man was killed by a hit-and-run driver as he rode his bicycle at LaGuardia Airport Monday night, officials said.

The man was an employee of Swissport International, an airport ground and cargo company, and was struck by a vehicle on Marine Terminal Road and Runway Drive on the grounds of LaGuardia around 7:20 p.m., the New York Post reported.

The cyclist was taken to Elmhurst Hospital, where he was pronounced dead. His identity has not yet been released.

Port Authority police are searching the surrounding area for security footage that may have captured the hit-and-run, sources told the Post. An abandoned vehicle was found in the vicinity, but it is unknown if it was the vehicle involved in the hit-and-run.

LaGuardia Airport said in a tweet Monday night that Runway Drive was closed "until further notice" as authorities continue their investigation, adding that for-high vehicle pickups are in front of Terminal B.

As of 9:45 a.m. Tuesday, the airport did not say that the road has reopened.

LaGuardia Airport . GETTY IMAGES

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SEXUAL MISCONDUCT

Guess co-founder gives up duties during probe of alleged improper conduct

Guess said Tuesday its co-founder Paul Marciano will give up his day-to-day responsibilities at the company on an unpaid basis pending the completion of a probe into accusations of improper conduct.

Earlier this month, model Kate Upton accused Marciano of using his power in the fashion industry to harass women. Marciano and the company have both denied the claims.

"The company takes very seriously any allegations of sexual misconduct, is committed to maintaining a safe work environment, and looks forward to the completion of a thorough investigation of all the facts," Guess said in a statement.

Guess' shares fell more than 17 percent in early February following Upton's accusations against Marciano made on Twitter.

"He shouldn't be allowed to use his power in the industry to sexually and emotionally harass women #metoo", Upton tweeted, using a popular hashtag designed to highlight the wide spread of sexual harassment, without elaborating.

Shortly after, the company's board formed a special committee made up of two independent directors to oversee an investigation into accusations against Marciano. REUTERS

Florida teens travel to state capital demanding action on guns

Busloads of Florida students headed on Tuesday to the state capital Tallahassee to call for a ban on assault rifles, pressing on with protests after a shooting rampage at a high school that killed 17 teens and educators. The students were in the capital as legistators rejected a motion to vote on a bill banning assault rifles like the one used in the attack.

Last week's killing, the second-deadliest shooting at a public school in U.S. history, has inflamed a national debate about gun rights and prompted teens from Marjory Stoneman Douglas High School and across the United States to demand legislative action. The incident has galvanized advocates for stricter gun controls, including many survivors of the shooting.

A Washington Post/ABC News opinion poll released on Tuesday showed that 77 percent of Americans believe the Republican-controlled Congress is not doing enough to prevent mass shootings, with 62 percent saying President Donald Trump, also a Republican, has not done enough on that front.

Students who survived the shooting have promised they will push for action. Jaclyn Corin, a 17-year-old junior at the school in Parkland near Fort Lauderdale, said on Twitter that she had secured a meeting with Florida's Republican Governor, Rick Scott, on the issue.

Scott spokeswoman Lauren Schenone confirmed the governor would be "meeting survivors later this week."

Nikolas Cruz, 19, is accused of returning to the high school from which he had been expelled and opening fire with a semiautomatic AR-15 assault rifle on Feb. 14. He faces 17 counts of premeditated murder.

Students, many of whom have grown up in a world where they regularly train for the possibility of being targeted by a shooter on the loose, teachers and gun safety advocates were due to gather in Tallahassee on Wednesday to demand that state lawmakers enact a ban on the sale of assault weapons in Florida.

Gun ownership is protected by the Second Amendment of the U.S. Constitution and remains one of the nation's more divisive issues. The Washington Post/ABC News poll found that fewer than seven in 10 Republicans support the idea of a ban on assault weapons, the reverse of Democrats, 71 percent of whom support it. A federal ban on assault weapons, in force for 10 years, expired in 2004.

The suspect, whose mother died in November, was investigated by authorities after videos surfaced on the social media platform Snapchat, showing him cutting himself, an assessment by Florida's Department of Children and Families said. REUTERS

Students who survived last week's school shooting in Parkland, Florida, have promised they will push for action. GETTY IMAGES

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Hundreds of worst arthritis sufferers from tri-state are

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted a doctor at the ***NY Pain MD*** in New York City.
"*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid or at the very least delay knee replacement surgery is doing the correct treatment as soon as possible".*

What is the "correct treatment?"

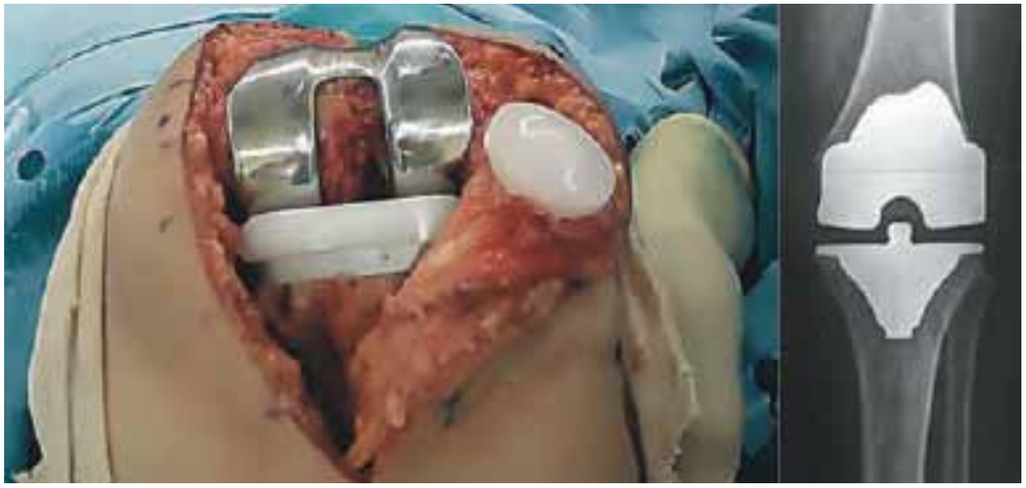
"That depends," noted the doc. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* he added.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby an FDA-approved preparation of Hyaluronic acid - a gel-like medicine is - applied ultra-precisely and virtually painlessly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosusupplementation gets the best results and is so important when trying to avoid surgery.

The director of treatment believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to.go. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife

Normal Pain-Free Knee Joint

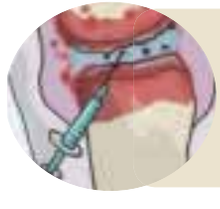
Everyone Wants Proof:
In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -
Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -
The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -
Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

rthritis Sufferers Choosing dures Before Surgery?

ech Medicine And All Natural Treatments

en covered by insurance amongst top reasons for high patient demand...
ea call weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City for their brand of treatment.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid techncially) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it can be excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

But...when introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

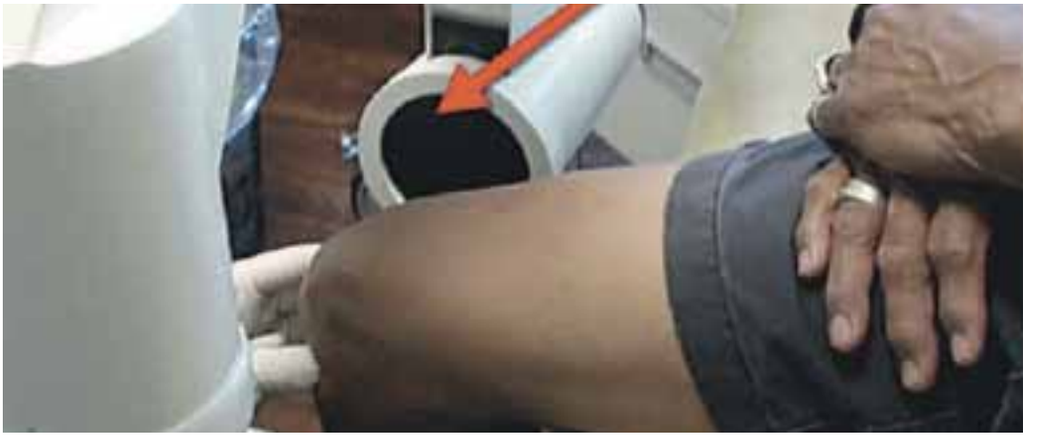
Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get viscosupplementation from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time.".*



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* used this P.A.T. Imaging Technology with each and every treatment.

NY Pain MD is a state of the art medical facility offering the best technology.

And that's not all

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added one of the clinic's doctors.

How To Find Out If It Can Help You?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a No-Cost, No-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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**EZ payment plans ($99 per month) also available*

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling coordinator answers the phone, let them know you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important -
Viscosupplementation treatments are covered by many insurances, union plans ... even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 885 KNEE (5633)

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- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?
- Have you already tried viscosupplemention (Hyalgan, Supartz Synvisc) without satisfactory results?

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD
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U.S. proposes extending skimpy health insurance outside of Obamacare

The short-term plans may be extended up to one year.

The plans won't include the Obamacare benefits like maternity coverage and the guarantee of insurance regardless of health.
GETTY IMAGES

The U.S. government on Tuesday proposed extending the availability of skimpy health insurance plans to millions of Americans in another Trump administration move aimed at undercutting the requirements of the Affordable Care Act, often called Obamacare.

The Department of Health and Human Services issued a proposed rule that such plans, now available only for periods of three months or less, will be available for up to 12 months. The agency is considering whether these plans will be renewable.

The plans will not include the benefits that define the insurance created under Democratic former President Barack Obama, including required health benefits such as maternity coverage and the guarantee of insurance regardless of health.

Obamacare allows for such short-duration plans, but they are limited to three months. The agency said it expects 100,000 to 200,000 people to shift from an Obamacare plan to such insurance in 2019 when the rule would go into effect, but that millions more people who have no insurance will likely sign up.

Health and Human Services Secretary Alex Azar, who began serving in his post less than a month ago, said in his first media briefing on Tuesday that the proposed rule marked "an important first step." He said the administration is working on additional policies aimed at providing cheaper health insurance options for consumers.

America's Health Insurance Plans, the biggest U.S. health industry lobby, said it was concerned the expansion would make it more expensive to cover the sicker people, particularly those with pre-existing conditions, who remain on the Obamacare marketplace. About 10 million people are enrolled in Obamacare plans that are eligible for income-based subsidies.

Evercore ISI analyst Michael Newshel said in a research note that while the magnitude of the new rule's impact is debatable, directionally it is "another negative more for the stability of the individual insurance market."

The premiums on the plans have been rising each year since the marketplace was launched and increased in the double digits in 2018, reflecting a costly pool of members, fewer insurers and less competition, and the government decision to pull back billions of dollars in payments to insurers.

Republican President Donald Trump last year issued an executive order requiring the agency, which oversees the Obamacare individual market, to propose such a rule as part of its goal to make health insurance more affordable. The order also required an extension of association-based health plans that do not comply with Obamacare and more use of tax-free health savings accounts.

U.S. health officials said they did not expect the introduction of the plans to contribute to a rise in premiums in the ACA marketplace.
REUTERS

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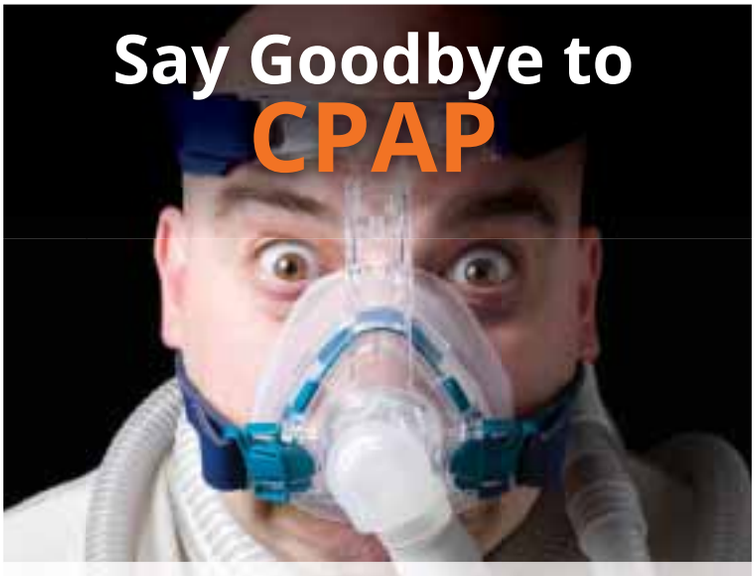

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Alex Garland doesn't want a pat on the back

Natalie Portman stars in the sci-fi horror fantasy. PARAMOUNT PICTURES

The "Annihilation" director on his star-studded, all-female cast and inspiration.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"Annihilation" is a defiantly original film.

It has stunning visuals and a peculiar atmosphere, and bravely deviates from Jeff VanderMeer's source material. And it has been widely praised for its predominantly female cast, starring Natalie Portman, Jennifer Jason Leigh, Gina Rodriguez, and Tessa Thompson.

But writer and director Alex Garland doesn't want to be recognized for the casting. Instead, he wants to focus on the unusual originality of the film, which follows the four women as scientists that enter an environmental disaster zone, only to be confronted by a series of psychological and indefinable obstacles. Over the phone, Garland talks adapting the source material, his influences and never dumbing down his movies.

How did you first come across Jeff VanderMeer's novel?

I was in postproduction on "Ex Machina," and one of the producers, Scott Rudin, said he wanted me to take a look at adapting it. It was very original, and that in itself was unusual. Most books and movies are in some way a repetition of other stories. It is unusual to find a one-off, something that is only like itself.

What did you want to bring to the big-screen from the novel?

The fundamentals of the book are in the film. It's team of female scientists entering a sealed off area and a trippy, dreamlike, and hallucinogenic environment. It's got some structural differences. I knew that I needed to be true to the atmosphere. I wanted to try to recreate the feeling I had when I first read it.

What was the appeal of a predominantly female cast?

The thing that I thought was most interesting was the absence of a conversation about the scientists being female. I'm steering clear of it to try and preserve the absence of the conversation. That's where the point resides. It would be undermining the purpose to start drawing attention to it.

There's a lot of science and jargon in "Annihilation," did you ever consider dumbing it down for a wider audience?

GETTY

I'm definitely not trying to make this for as big an audience as possible. I never think about that. And the box office for my films demonstrates that, I think. I have never had a mainstream hit and I can't imagine I will. I had an accidental one years ago when I wrote 'The Beach,' which was trippy, druggy and somehow popped into the mainstream.

You can feel aspects of "Alien" and "2001: A Space Odyssey" when watching the film, talk about their influence.

I think they are present just because I have seen them. And they are films that I really, really like. Are they going to be an influence? Definitely. But one of the films I was most conscious of when making it was an old Walter Hill movie called "Southern Comfort" and "Apocalypse Now." It is really a journey through countryside that is getting progressively more surreal and extreme as you get deeper in.

"Annihilation" is in theaters Feb. 23.

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The future Mr. & Mrs. Birdperson

Congratulations, we guess!
ALL PHOTOS GETTY IMAGES

Toni Braxton and Birdman are getting married — for real this time. As a person whose formative years were shaped by Braxton's debut album, this news … confuses me.

In the season six trailer for "Braxton Family Values," the 50-year-old shows off a gigantic canary-yellow engagement ring and states the obvious. "I have an announcement to make," she tells her sisters. "I'm engaged!"

Birdman, 49 — who is most famous for charming lil' diddies like "Stuntin' Like My Daddy" — and Braxton have known each other for about 16 years. And the "Unbreak My Heart" singer loves how gentlemanly he is.

"He's a gentleman," she said in January on "The Angie Martinez Show." "He's such a gentleman. Opening doors … I promise you." Neat-o!

Well, then. Have a great engagement, future Mr. and Mrs. Birdman. Or should I say, Birdwoman?

Justin Theroux was too edgy

Last week, Jennifer Aniston and Justin Theroux announced their "mutual and lovingly made" decision to part ways. But things might not be as peachy keen as they seem.

Sources close to Theroux have told Page Six that Theroux was just too edgy to be in a relationship with the former "Friends" star.

"Jennifer is more comfortable in Los Angeles with her close-knit group of friends," the source told the site. "Justin doesn't feel as at home in LA, nor with Jennifer's friends, he loves New York, and the edgier crowd in the city.

Whatever, my dude!

"He's very focused on himself and his craft," the source continued. "And Jen is not the easygoing girl she wants the public to think she is. She isn't as happy and she is far more complicated." God forbid a lady be complicated, man!

Anyway, best wishes to Aniston, who will be just fine. Perhaps even better after this split!

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The Chipotle of ramen has arrived

Menya Jiro expands to Midtown with a make-your-own concept.

EVA KIS
eva.kis@metro.us

Broth is made in the tiny kitchen of Menya Jiro, then the toppings are added out front. EVA KIS

The build-you-own bowl concept has finally come to ramen with Midtown's newest noodle shop.

Menya Jiro went from a simple three-ingredient bowl at its first location in FiDi to options for every step, from the broth to the protein and 25 different toppings at its new shop next to Grand Central Station at 156 E. 45th St.

"The food culture between Japan and New York is very different," he says. "New Yorkers want to customize their food depending on their preferences," says chef Jiro Anma, who has four shops in his native Kagoshima prefecture in Japan. "Of course It is important to share real Japanese ramen with New Yorkers, but I think localizing and fusing is more important to enjoy the ramen."

Jiro Anma PROVIDED

The base soup costs $14-$15 and comes with a choice of Anma's "two-taste" broth made with tonkotsu (pork) base steeped with chicken bones, or a new vegan option. It also includes one protein (pork cha siu, shrimp, teriyaki chicken, tofu, fish cake and salmon), plus bean sprouts and scallions.

Additional proteins are $2.50, while the toppings range from corn and kimchi to spinach and kikurage (jelly-ear mushrooms) for $1, or avocado and the super traditional takowasa (raw octopus marinated in wasabi) for $2. There are also eight unlimited condiments like pickled ginger and dried bonito.

For the coming warm days, the shop also serves Mazemen, which is basically a bowl of ramen without broth. Instead, the noodles are tossed in various oils (four at Menya Jiro) with the toppings arranged poke-style on top, a popular preparation in Japan.

Anma has spent 10 years working out a solid, simple bowl of soup that works perfectly. The ramen needs little else besides that signature broth, rich without overwhelming you with fat, paired with those perfect slices of pork char siu. They're stewed for seven hours then allowed to rest for three days to make the meat tender and wildly flavorful — smoky, slightly sweet, a little bitter from the soy and umami for days.

Anma came to New York in 2016 for the annual Japan Fes ramen contest and won, which is what got the attention of BentOn Cafe owner Toru Furukawa, who invited him to share his spacious FiDi restaurant.

In Midtown, they split the hours, with BentOn's customizable bento box concept on deck until 4 p.m., then Menya Jiro taking over at 5 p.m. through midnight.

Furukawa also deserves a little credit for Anma's radical shift in concept. "Jiro got inspired very easily," he says.

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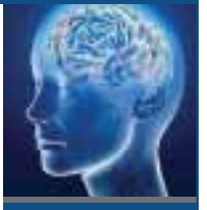

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‘Art beyond logic’

Twelve artists went under hypnosis to create the works that make up The Subconscious Canvas.

EVA KIS
eva.kis@metro.us

Hypnosis is not the first thing that comes to mind when you think about making art in an “altered state.” But in our age of detox cleanses and holistic wellness, hypnosis is a positively trendy way to tap into creativity.

Which is what a dozen artists used to create a new exhibit called The Subconscious Canvas, opening Feb. 22 at Contra Galleries.

Described as “art beyond logic,” The Subconscious Canvas features work made after the artists underwent hypnosis by hypnotherapist Alexandra Janelli.

“Our goal was to outline what happens when you let go of the logical conscious mind and become guided by our subconscious, which is purely reactive, creative, instinctual and behavior-driven,” she says.

“I typically work with anxiety and stress management, so it was such a treat for me to be part of it and see how the subconscious mind, which is really the creative part of your mind, can produce such beautiful things.”

The artists were initially hypnotized — a deep state of relaxation where your mind remains focused — during a group session at Janelli’s Modrn Sanctuary wellness center, which was recorded for them to play back as they worked over the next nine weeks. (If you’d like to try it yourself, you can find the audio at thetaspring.com/recording.)

The artists were initially hypnotized during a group session at Janelli’s Modrn Sanctuary wellness center, which was recorded for them to play back as they worked over the next nine weeks. (If you’d like to try it yourself, you can find the audio at thetaspring.com/recording.)

Unlike the trippy, uncontrollable experience of creating art under the influence of drugs, the artists describe their Subconscious Canvas work as a meditative experience.

“Beyond 13.8 Billion Light Years” is among the works at The Subconscious Mind.
CONNIE ROSE

“The Consequence of Choice”
CONNIE ROSE

“I used the hypnosis as a guide to quiet the mind while working,” says Julian Rapp of Carroll Gardens, who found it helped him rein in his wandering mind and stay focused while working. “This helps to cultivate a more free-flowing space for creating work.”

Brandon Sines of Astoria says the hypnosis session “created a new headspace.” It also helped him stay focused on one piece instead of jumping around, and ended up producing a work “that felt like a relatively new direction from what I had been doing.”

Lower East Side artist Connie Rose describes being hypnotized as “a dreamy, delicious feeling… I’ve found it extremely powerful in changing how I feel and see the world.”

As for Janelli, she first experienced hypnosis as a patient about a decade ago after conventional therapy failed to help her make the life changes she was looking for.

“When I saw this hypnotherapist, I feel like life just opened up for me,” recalls Janelli, who ended up switching careers from environmental law to hypnotherapy in 2009.

“A lot of fear was removed, and I was able to take a little more risk in my life.”

The Subconscious Mind opens Feb. 22 with a cocktail reception from 5-9 p.m., and goes until March 9. Contra Galleries is located at 122 W. 26th St., fifth floor; free.

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Margs, sweet potatoes and chil(*i*)

Tomorrow is National Margarita Day, National Chili Day and National Cook a Sweet Potato Day. We think you should combine all three.

KATE MOONEY
kate.mooney@metro.us

This Thursday, Feb. 22, we're treated to a delicious combo of culinary observances, according to the National Day Calendar. For reasons unknown, the very official holiday calendar has National Margarita Day, National Chili Day and National Cook a Sweet Potato Day all scheduled on the lineup. (The National Day Calendar is basically astrology, right?)

Luckily, these food and drink stuffs go together nicely. There's no good reason why you shouldn't whip up a batch of refreshing margs to enjoy with hearty, comforting chili — made healthier and more colorful with the addition of sweet potatoes — tomorrow night for dinner. It's February; you've gotta brighten it up somehow. Here's one way.

Spicy ginger turmeric margaritas

You don't tend to think of margaritas as a winter beverage, but "Top Chef" host Padma Lakshmi believes tequila is a spirit for all four seasons. Her signature margarita is fresh and flavorful, so you can get in some vitamins and antioxidants with your winter boozing. It combines Patron silver with ginger turmeric simple syrup, fresh lime, fresh mint leaves with a kick — ground turmeric, ancho chili powder and salt for the rim.

Sweet potato chili, infinitely modifiable

Throwing in a sweet potato with your everyday chili recipe adds an extra dose of color and flavor to the comfort food — and it's good for you, too. Sweet potatoes are high in fiber, low in calorie. They're also packed with beta carotene (that's what gives them the orange-yellow pigment) and Vitamin A and C, antioxidants which are good for the immune system and help prevent against cardiovascular disease and certain cancers.

One of the great things about chili is that it's infinitely modifiable. You can make it vegetarian, or if you're doing Whole 30, just hold the beans. You can bring the heat with jalapenos and habaneros, or stick to mild red, yellow and orange bell peppers. And when it comes to toppings — sour cream, avocado, shredded cheese, tortilla strips — you name it. We highly recommend preparing your chili in a multicooker, if you've got one, so it can sit all day while you're at work and you can enjoy when you get home.

Padma Lakshmi's Ginger Turmeric Margarita. PATRON

home

ISTOCK

Add sweet potatoes to your chili recipe for a burst of color and antioxidants. ISTOCK

Padma's margarita recipe: the ginger turmeric margarita

Margarita:
- 2 oz Patrón Silver
- 1 oz ginger turmeric simple syrup*
- 1 tablespoon fresh lime juice
- 3-4 fresh mint leaves

***Ginger turmeric syrup:**
- 1 cup water
- ¾ cup sugar
- 4 inches fresh ginger root, peeled and sliced
- 1 teaspoon turmeric powder

Rim:
- ½ teaspoon ground turmeric
- ½ teaspoon ancho chili powder
- 2 teaspoons coarse salt

Directions
In a small saucepan, combine sugar, water and sliced ginger. Place over medium heat and bring to boil. Cook until sugar dissolves. Let steep for at least 10 minutes. Add the turmeric powder and stir until incorporated. Strain syrup through a coffee filter.

Combine ancho, turmeric and salt on a small plate and mix to combine. Wet the top of a rocks glass with a wedge of orange and dip in spice mix. Tear mint leaves, and add to a cocktail shaker with ice. Add the Patrón, lime juice and ginger turmeric syrup and shake vigorously.

Pour into prepared rocks glass and garnish with an orange wedge.

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Conforto slated for May 1 return

One of New York's best hitters provided an update on his shoulder Tuesday afternoon.

JOE PANTORNO
joseph.pantorno@metro.us

Michael Conforto confirmed general manager Sandy Alderson's prognosis of a May 1 return after the lefty underwent shoulder surgery this offseason. GETTY IMAGES

Finally, an update on Michael Conforto from the source himself.

The New York Mets budding star spoke with the media on Tuesday afternoon to shed some light on his recovery from a dislocated shoulder that required surgery after fouling off a pitch.

His return to the lineup has been shrouded in mystery for most of the offseason.

In November, rumors hinted that Conforto would not only be ready for Opening Day, but that he'd be good to go by spring training. That sentiment changed last month when Mets general manager Sandy Alderson revealed that Conforto wouldn't be ready until May 1.

On Tuesday, he confirmed that he likely won't be ready until then.

"As a competitor, it's tough for me to not look at that date and want to get out there before that," Conforto said. "But that's why we have the great medical staff that we have. ... They're helping me understand that I have to be the player that I was and the player I'm going to be again and that comes from doing things the right way."

He also revealed that he began hitting off a tee Saturday after being cleared by doctors to swing toward the end of January.

"Everything has been smooth since then," Conforto said. "We just have to keep working. Baby steps at this point and I couldn't be more happy to be swinging a bat and holding a bat."

He was seen tracking pitches during drills on Monday, but that was him just holding the bat and watching the ball travel through the zone without swinging.

Conforto rediscovered his mojo at the plate last year after a dismal 2016 campaign put his spot on the big club in jeopardy. In 109 games two seasons ago, Conforto batted just .220 with 12 home runs, 42 RBI and a .310 on-base percentage. He flew out of the gates in 2017 and was the Mets' best hitter for most of the season, batting .279 with 27 home runs, 68 RBI and a .384 on-base percentage, also in 109 games.

In the first two months of the season, he put up a .316 batting average with 13 round trippers.

While the 24-year-old continues to recover, New York will likely work with a platoon of Juan Lagares and Brandon Nimmo in center field, sandwiched between Yoenis Cespedes in left and Jay Bruce in right.

Mets to prep Flores for outfield role

Wilmer Flores has never played a single major-league inning in the outfield since his debut in 2013. But that's not stopping the New York Mets from moving him for the 2018 season.

With spring training underway, Flores will begin taking reps in the outfield in an attempt to get him in the lineup even more.

Last season saw the 26-year-old amass 336 at-bats while playing first, second and third base. He played most of his games (55) at the hot corner. However, the signing of Todd Frazier will eliminate most of his chances to play there, especially with veteran Jose Reyes backing him up.

That doesn't mean Flores won't be seen manning infield positions. Flores could relieve 36-year-old Adrian Gonzalez at first some days depending on the continuing development of young Dominic Smith, who struggled in his brief, six-week MLB debut last season.

He would also likely step in occasionally for Asdrubal Cabrera at second.

"I don't see him at just one position," new Mets manager Mickey Callaway told the media on Monday (h/t MLB.com's Anthony DiComo). "This kid can hit — not only can he hit lefties pretty well, he does a pretty good job against righties. And we need his bat in the lineup as often as possible."

The equation for Flores is simple: If the Mets are facing a left-handed pitcher, he is starting.

Last season saw the fan favorite bat .291 in 44 games against lefties, hitting seven home runs. He was even better in 2016 when he ripped lefties for a .340 average with 11 long balls and 28 RBI in just 49 games.

The Mets outfield depth is suspect to start, but Michael Conforto's recovery from offseason shoulder surgery certainly isn't helping as he likely won't be returning until May 1.

New York has just four natural outfielders outside of Conforto on their roster in Yoenis Cespedes, Jay Bruce, Brandon Nimmo and Juan Lagares with the latter two forming a platoon in center field.

Given Flores' lack of speed, it would be expected for him to fill in as a backup to either Cespedes or Bruce in the corner outfield spots.

"I don't want to sit on the bench. I want to play," Flores said. "If I have to be in the outfield to get in at least one game, I'll do it. It'll be a challenge. I'm used to playing the infield. But I'm going to put in the work and try to be the best I can be out there." JOE PANTORNO

Wilmer Flores is preparing to enter unkown territory this season: the outfield. GETTY IMAGES

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Columbia University Medical Center

Rangers trade Holden to B's

Blueshirts make the first of what could be many deals before the NHL trade deadline.

JOE PANTORNO
joseph.pantorno@metro.us

New York shipped Nick Holden to the Bruins for Rob O'Gara and a 2018 third-round draft pick. GETTY IMAGES

The New York Rangers traded defenseman Nick Holden to the Boston Bruins for defenseman Rob O'Gara and a 2018 third-round draft selection on Tuesday afternoon.

It's the first notable move made the Rangers before the NHL's Feb. 26 trade deadline in which the team is expected to be sellers. Notable names like Rick Nash and Ryan McDonagh have seen their names surface in trade talks over the last few weeks.

Holden was just one struggling member of a sub-par Rangers defense this season, the seven-year veteran recording 12 points and a minus-3 rating in 55 games this season on the second defensive unit most recently beside Anthony DeAngelo.

The Rangers acquired Holden prior to the 2016-17 season in a trade with the Colorado Avalanche.

Boston has been in search of some defensive depth on their blue line as they continue to pursue the Tampa Bay Lightning for the top spot in the Eastern Conference and Holden provides a veteran presence and depth option on the third defensive pairing with Adam McQuaid recently recovering from injury alongside 24-year-old Matt Grzelcyk.

In return, the Rangers get a 24-year-old blueliner of their own in O'Gara, who has just 11 games of NHL experience under his belt.

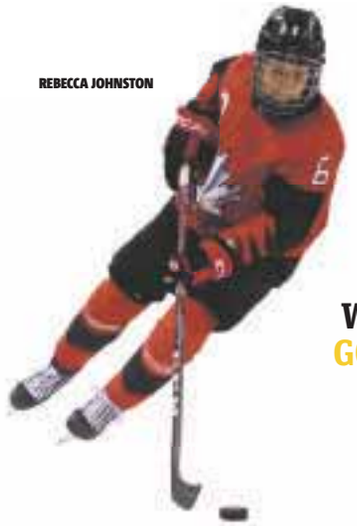
The Massapequa native has skated in 43 games with the Providence Bruins of the AHL, recording eight points and a plus-5 rating.

At 6-foot-4 and pushing 210 pounds, he's a big body the Rangers can insert on defense should they want to continue giving their younger players like DeAngelo, 22-year-old Neal Pionk and 24-year-old John Gilmour some time in the NHL.

O'Gara is expected to immediately join the Rangers for their game on Thursday night against the Montreal Canadiens.

PYEONGCHANG 2018

What to watch at the Olympics tonight



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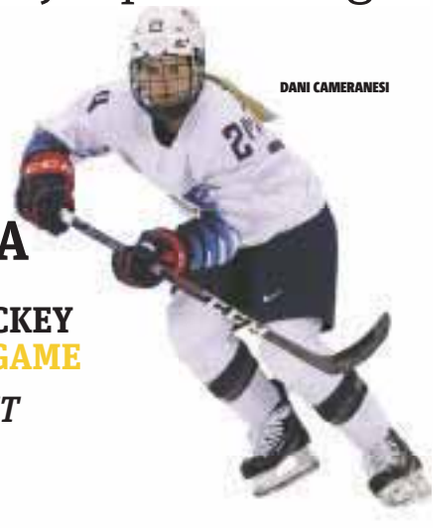

For the fifth time out of six Winter Olympic Games in which women's hockey has been featured, the United States and Canada will compete for the gold medal. For Team USA, it's a chance to secure a second-ever gold medal and regain some power back from the Canadians.

The two teams have already met during the preliminary rounds of this year's Games, with Canada coming out on top 2-1 in Group A action thanks to Genevieve Lacasse's 44 saves on the aggressive Americans.

Dani Cameranesi and Jocelyn Lamoreux-Davidson have led the United States' charge with three goals apiece.

Canada also has a piar of three-goal scorers in four games in Maddie Daoust and Rebecca Johnston. JOE PANTORNO

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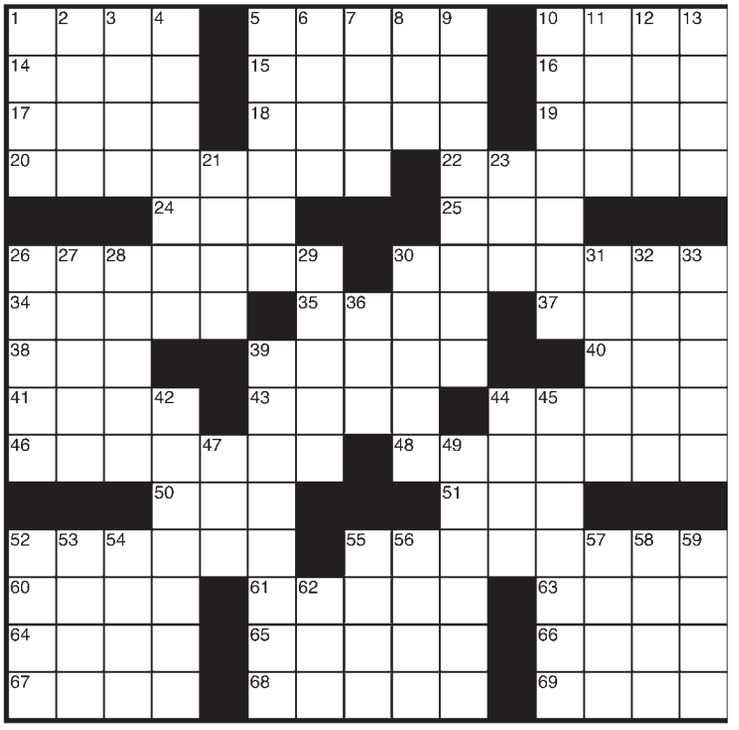
Across

1 Outfitted
5 Faint smell
10 Quantity of firewood
14 "Damn Yankees" vamp
15 Kind of cassette
16 Asian range
17 Like some crowds
18 Contemptuous look
19 Turn pancakes
20 Refuses to buy
22 Silver and bronze
24 Fill with wonder
25 Cable network
26 Leading lady
30 Wood smoothers
34 Flared, as a skirt
35 Horse stopper
37 Usher's quest
38 Seine moorage
39 Tail ends
40 Tpk.
41 Exploding star
43 While away
44 Expression
46 Silent "ugh"
48 Glossy fabrics
50 Extreme degree
51 NBA official
52 Swiss city
55 Vivacious
60 Wood choppers
61 Rajahs' spouses
63 Dove's shelter
64 Pickle or jam
65 Move to the beat
66 Coastal flyer
67 Polo need
68 Footwear
69 Parka closer

Down

1 League
2 Trademark
3 Comrade-in-arms
4 Tot service (2 wds.)
5 Squanders
6 Go after game
7 "Et tu" time
8 "-- upon this quiet life!"
9 Math equations
10 Loose robes
11 Clay pot
12 Means of shipping
13 Drops down
21 Got in debt
23 That, in Guadalajara
26 Getting older
27 Painter's choice
28 Fountain in Rome
29 Dane's neighbor
30 Sponge features
31 Uncanny
32 Boca --, Fla.
33 Mushroom parts
36 Actor -- Linden
39 Keith of the Rolling Stones
42 Pardon
44 Gossip tidbit
45 Mars
47 Off-road vehicle
49 Gets up
52 Catch one's breath
53 World's fair
54 Flashy sign
55 Cato's year
56 City near Monaco
57 Split
58 Sight from Messina
59 -- -dish pie
62 Ooh companion



metro.us/sudoku

easy

			9	6	2		4	
	7	4		3				2
					8	5		
	4	2			3			1
			8	1	9			
9			7			8	3	
		6	5					
4				9		1	7	
	9		3	4	1			

hard

3					1	6		4
8	9			6				
	1			2			8	
4		9		7	8	3		
		3	4	9		8		5
	4			8			3	
				1			2	7
9		5	2					8

metro.us/horoscopes

Aries Harness your energy and your skills and put everything you've got into your responsibilities. Getting ahead takes work and reliability. You'll be judged by your performance.

Taurus Your insight into trends and instinctive knowledge of the best place to put your time and energy will pay off. Romance is on the rise.

Gemini Plan to stabilize your friendships and financial matters by keeping the two separate. Joint ventures are not in your best interest. Enforce proper exercise and diet.

Cancer Working in coordination with someone you find inspiring will bring out your creativity. A unique opportunity will stem from volunteer work. Romance is on the rise.

Leo A joint venture may tempt you, but going it alone is recommended. Alterations to your living space will have to be budgeted carefully. Projects will cost more than anticipated.

Virgo Be open and receptive to new ideas and friendships. Try to understand what others are going through, and offer advice and support. Romance will be enticing and confusing.

Libra Fix up your place and take care of personal responsibilities. Someone will complain if you don't do your share or renege on a promise.

Scorpio Start talking and follow through on your words. Living up to promises and your good ideas will impress others. Love, romance and improvement are highlighted.

Sagittarius Listen carefully, but don't fall for hearsay. Not everything you are told will be legitimate. Make up your own mind.

Capricorn Take hold of whatever situation unfolds and follow through with your plans, no matter what others do. Stability and reliability will win out in the end.

Aquarius Emotions are best controlled. Stay active and avoid emotional situations that lead to temptation and indulgent behavior. Silence is golden. Reconnect with an old friend.

Pisces A business trip or meeting will shed light on new possibilities. Don't be afraid to share your ideas and concerns. Your insight will be welcome and effective. **EUGENIA LAST**

Yesterday's answers

I	R	E		A	N	N	A			E	J	E	C	T
N	O	N		L	O	A	D	S		T	U	L	L	E
J	O	T		I	D	I	O	T		U	R	B	A	N
U	N	R	A	V	E	L		R	A	D	I	A	N	T
R	E	E	S	E		G	L	A	D	E	S			
E	Y	E	S		B	U	O	Y	S		D	O	M	E
			I	C	I	N	G	S		K	I	D	D	O
Z	O	O	M	E	D				R	E	C	E	S	S
E	R	N	I	E		E	R	R	A	N	T			
N	O	E	L		C	R	O	O	N		I	R	A	N
			A	L	P	A	C	A		V	O	I	L	E
O	R	A	T	O	R	S		D	W	I	N	D	L	E
A	E	G	I	S		E	M	M	A	S		D	U	D
T	A	H	O	E		R	I	A	T	A		E	R	E
S	P	A	N	S			A	P	T	S		N	E	D

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